

GROUP FITNESS CLASSES

FREE Drop-in



This schedule is for Jan. 2 - April 1, 2012.
Exam schedule (April 2 - 29, 2012) TBA.

FREE Drop-in

	DAYTIME		EVENING		
M O N D A Y	STEP IT UP 12:10-1:00 PM <i>Marianne</i>	TAB 1:10 - 2:00 PM <i>Marianne</i>		ZUMBA 6:10 - 7:00 PM <i>Mike</i>	WORK IT OUT 7:10-8:00 PM <i>Alisia</i>
T U E S D A Y	BOOTCAMP 7:10 - 8:00 AM <i>Christen</i>	ZUMBA 1:10 - 2:00 PM <i>Mylene</i>	WORK IT OUT 3:10 - 4:00 PM <i>Alisia</i>	CARDIO LATIN DANCE 4:10 - 5:00 PM <i>Jennifer</i>	CORE BOOTCAMP 7:10 - 8:00 PM <i>Cary</i>
W E D N E S D A Y	CARDIO, CORE & PUMP 12:10 -1:00 PM <i>Marianne</i>	STEP & PUMP 1:10 -2:00 PM <i>Marianne</i>		CARDIO, CORE & PUMP 6:10 - 7:00 PM <i>Laura He</i>	
T H U R S D A Y				WORK IT OUT 6:10 - 7:00 PM <i>Alisia</i>	
F R I D A Y		ZUMBA 12:10 - 1:00 PM <i>Shauna</i>	STRENGTH & STRETCH 3:10 - 4:00 PM <i>Laura He</i>		
S A T U R D A Y	CARDIO CORE & PUMP 10:00 - 11:00 AM <i>Katie</i>		<div data-bbox="776 1388 1187 1749" data-label="Text"> <p>Group fitness classes are great for all individuals of varying fitness levels. Every group fitness class offered at UTSC Athletics & Recreation is formatted to meet the needs and fitness levels of all participants.</p> <p>*Note: No classes during reading week (February 20 - 26, 2012) No classes on April 6, 2012</p> </div>		
S U N D A Y	PUMP IT UP 10:00 - 11:00 AM <i>Cary/Christen</i>				



Group fitness classes are **FREE** and do not require registration. All fitness levels are welcome.

